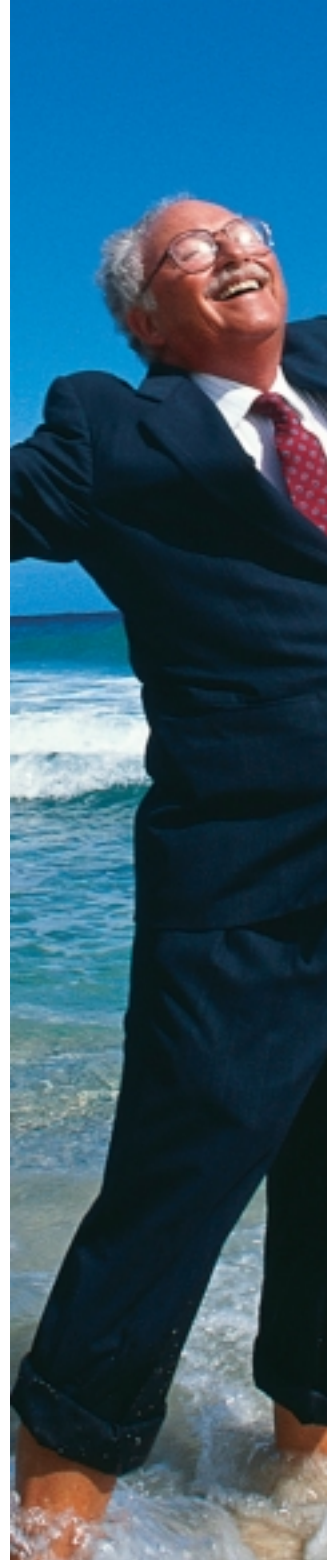


# Healthy For Life

*Healthy For Life* is a Health Education and Disease Prevention Program for older adults developed by Delaware's Division of Services for Aging and Adults with Physical Disabilities. Our goal is to help you stay healthy, happy and independent through good nutrition, physical activity and healthy behaviors.



***Delaware Health  
and Social Services***  
Division of Services for Aging and  
Adults with Physical Disabilities




# Get Free!

***Avoid and  
Overcome  
Unhealthy  
Behaviors!***

**Healthy Lifestyle  
Resources for  
Delaware Seniors**

# Healthy For Life



## Kick the Habits!

### Eliminate the Negatives

- Smoking
- Alcohol
- Gambling
- Depression
- Isolation

### Accentuate the Positives

- Make a change for the better
- Connect with support and resources

#### Help for Support Organizations

Working to help others develop healthy behaviors? *Healthy For Life* resources are available to support your efforts, including educational materials, conferences, partnerships with other health organizations, and more.

## Recognizing Challenges

Do you have a problem with gambling or alcohol? Are you feeling depressed or isolated? Do you know how to recognize these problems in yourself and others – and how to fight back?

You can help yourself, a friend or a loved one battle unhealthy habits and emotional stress with support from *Healthy For Life* programs. Our resources can teach you how to improve your outlook on life, and create a better lifestyle, by avoiding and overcoming unhealthy behaviors.

## Fighting Back

“More Life to Live,” a program offered through *Healthy for Life*, the Delaware Division of Services for Aging and Adults with Physical Disabilities (DSAAPD), provides support to help you modify behaviors, or deal with emotional challenges.

For information about behavior modification or other *Healthy For Life* wellness programs, call **1-800-223-9074**. Or visit our web site at **[www.dsaapd.com](http://www.dsaapd.com)**.

***It's never too late to take charge of your health!***

***Develop a New Outlook on Life!***